

Vegetarian Spaghetti Sauce

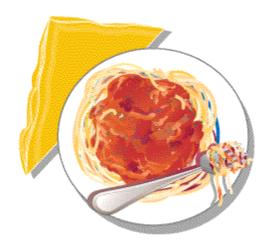
Makes 6 servings Serving Size: 3/4 cup

- 2 Tbsp olive oil
- 2 small onions, chopped
- 3 cloves garlic, chopped
- 1 1/4 cups zucchini, sliced
- 1 Tbsp dried oregano
- 1 Tbsp dried basil
- 1 8 oz can tomato sauce
- 1 6 oz can tomato paste*
- 2 medium tomatoes, chopped
- 1 cup water
 - 1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
 - 2. Add remaining ingredients and simmer covered for 45 minutes. Serve over whole grain spaghetti.

Per Serving: Calories: 105 Total Fat: 5 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 479 mg Protein: 3 g

Carbohydrate: 15 g Calcium: 49 mg Magnesium: 35 mg Potassium: 686 mg

Fiber: 4 g



^{*} To reduce sodium, use a 6 oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.